

WHAT IS CLAIMED IS:

1. A seating device comprising:
 a connecting element having a end portion dimensioned to be releasably and rotatably inserted into an aperture defined in a ground or a floor, said aperture being dimensioned to receive said connecting element so as to support said seating device; and
 a supporting element connected to a seat, said supporting element being pivotably connected to said connecting element, at least one of said connecting element and supporting element comprises at least one stop so as to permit said supporting element to pivot between a first position whereat said supporting element is in a substantially vertical position and a second position whereat said supporting element is forwardly inclined of 30 degrees or less with respect to said first position.
2. The seating device of claim 1, wherein said aperture is defined in a floor.
3. The seating device of claim 1, wherein said seat and said supporting element are coupled together, thereby preventing rotation of said seat with respect to said supporting element.
4. The seating device of claim 1, wherein said end portion of said connecting element is allowed to rotate freely within said aperture according to an axis defined by said connecting element.
5. The seating device of claim 1, wherein said end portion of said connecting element and said aperture have a frusto-conical shape.

6. The seating device of claim 1, wherein a shaft is connected to said connecting element and said supporting element is pivotally mounted on said shaft.

7. The seating device of claim 1, wherein said connecting element comprises a stop abutting a first portion of said supporting element at said first position, and abutting a second portion of said supporting element at said second position.

8. The seating device of claim 1, further comprising an adjustment element which permits to hold said supporting element in a selected inclined position.

9. The seating device of claim 1, further comprising a bias element attached to said connecting element and to said supporting element so as to urge said supporting element in said first position.

10. The seating device of claim 1, wherein said seat has a bottom surface, said seat being connected to one end of said supporting element, at said bottom surface.

11. The seating device of claim 10, wherein said supporting element is pivotally connected, at another end, to said connecting element.

12. The seating device of claim 1, wherein said supporting element comprises a rod connected to said seat, said rod being adjustably inserted in a stem so as to modify the length of said supporting element, and said stem being pivotally connected to said connecting element

13. The seating device of claim 1, wherein said supporting element further comprises a pneumatic device permitting to modify the length of the supporting element.

14. The seating device of claim 1, further comprising an adjustment element for modifying tilt of said seat.

15. The seating device of claim 1, wherein said seat comprises a top surface having a periphery and a raised portion adjacent to said periphery, said raised portion being adapted to be grasped by at least one of said buttock muscles and ischial tuberosities of a user, thereby permitting to reduce risks of sliding.

16. The seating device of claim 1, wherein said device has a predetermined size so that said seating device is storable on a shelf below a top surface of a check-out counter.

17. The seating device of claim 1, wherein in the second position, said supporting element is forwardly inclined of 25 degrees or less with respect to said first position.

18. The seating device of claim 1, wherein in the second position, said supporting element is forwardly inclined of 20 degrees or less with respect to said first position.

19. The seating device of claim 1, wherein said end portion of said connecting element and said aperture have a frusto-conical shape.

20. A seating device comprising:
- a receiving element adapted to be fixed to a floor, said receiving element defining an internal bore;
 - a connecting element having a end portion dimensioned to be releasably and rotatably inserted into a said bore so as to support said seating device; and
 - a supporting element connected to a seat, said supporting element being pivotably connected to said connecting element,
- at least one of said connecting element and supporting element comprises at least one stop so as to permit said supporting element to pivot between a first position whereat said supporting element is in a substantially vertical position and a second position whereat said supporting element is forwardly inclined of 30 degrees or less with respect to said first position.
21. The seating device of claim 20, wherein said receiving element comprises:
- a first portion defining said internal bore, said first portion being inserted in an aperture defined within said floor; and
 - a second portion connected to said first portion, said second portion being secured to said floor.
22. The seating device of claim 20, wherein said second portion is dimensioned in order to avoid generating obstruction to a user's foot.
23. The seating device of claim 20, wherein said second portion is extending above said floor from less than 1 cm.
24. The seating device of claim 23, wherein said second portion is extending above said floor from less than 0.30 cm.

25. The device of claim 20, further comprising a footstool having an inclined surface for receiving user's feet, said surface being inclined in such a manner that a user's feet are upwardly extending.

26. A seating device comprising:

a seat; and

a supporting element having

a first member connected to said seat, and

a second member having an end portion dimensioned to be releasably and rotatably inserted into a floor defining an aperture dimensioned to receive said one end portion so as to stabilize said second member within said aperture, said first and second member being pivotally connected together and said supporting element comprising at least one stop so that said first member is allowed to pivot between a first position whereat said first portion is in a substantially vertical position, and a second position whereat said first portion is forwardly inclined of 30 degrees or less with respect to said first position.

27. The seating device of claim 26, wherein said seat and said first member are coupled together, thereby preventing rotation of said seat with respect to said first member.

28. The seating device of claim 26, wherein first and second members are pivotally connected together by shaft connected to said second member, said first member being pivotally mounted on said shaft.

29. The seating device of claim 26, wherein at least one of said first and second members comprises at least one stop.

30. The seating device of claim 26, wherein said second member comprises a stop abutting a first portion of said first member at said first position, and abutting a second portion of said first member at said second position.

31. The seating device of claim 26, wherein said seat has a bottom surface connected to one end of said first member, said first member being pivotally connected, at another end, to said second member.

32. In a seating device comprising a seat, a tilting stem and a base, the improvement comprising said stem being pivotally connected to said base, and at least one of said stem and said base having at least one stop so as to permit said stem to pivot between a first position whereat said pivoting portion is in a substantially vertical position, and a second position whereat said pivoting portion is forwardly inclined of 30 degrees or less with respect to said first position.

33. In a seating device comprising a seat, a tilting stem and a base, the improvement comprising said base being dimensioned to be inserted in an aperture defined in a floor so that said base is rotatably and releasably inserted in said aperture so as to support said seating device, said base being dimensioned to avoid generating obstruction with a user's feet.

34. A method for a person to stabilize his posture comprising the steps of:

a) providing a seating device comprising a seat connected to a stem, said stem being adapted to pivot between a first position whereat said stem is in a substantially vertical position, and a second position

whereat said stem is forwardly inclined of 30 degrees or less with respect to said first position;

b) inserting a end portion of said stem into an aperture defined within a floor so as to stabilize said seating device; and

c) sitting on said seat and selecting at least one position by inclining said stem, thereby providing a further point of support.

35. The method of claim 34, further comprising the step of abutting his feet against an inclined footstool disposed adjacently to said seating device so as to reduce stress exerted on his feet.

36. The method of claim 34, further comprising the step of abutting at least one hand or forearm, or the torso against a counter disposed adjacently to said seating device so as to provide a further point of support for the user.